

Health of Home and School.

LEAFLET NO. 14.

ISSUED BY THE STATE BOARD OF HEALTH OF MAINE.

The following instructions for saving drowning persons by swimming to their relief and the treatment of frost bites are those which are recommended by the United States Life Saving Service.

Swimming to the Relief of Drowning Persons.

1. When you approach a person drowning in the water assure him with a loud and firm voice that he is safe.

2. Before jumping in to save him, divest yourself as far and as quickly as possible of all clothes; tear them off if necessary; but if there is not time, loose at all events the foot of your drawers, if they are tied, as, if you do not do so, they will fill with water and drag you.

3. On swimming to a person in the sea, if he is struggling do not seize him then, but keep off for a few seconds till he gets quiet, for it is sheer madness to take hold of a man when he is struggling in the water, and if you do you run a great risk.

4. Then get close to him and take fast hold of the hair of his head, turn him as quickly as possible onto his back, give him a sudden pull, and this will cause him to float, then throw yourself on your back also and swim for the shore, both hands having hold of his hair, you on your back and he also on his, and of course his back to your stomach. In this way you will get sooner and safer ashore than by any other means, and you can easily thus swim with two or three persons; the writer has even, as an experiment, done it with four, and gone with them 40 or 50 yards in the sea. One great advantage of this method is that it enables you to keep your head up and also to hold the person's head up you are trying to save. It is of primary importance that you take fast hold of the hair and throw both the person and yourself on your backs. After many experiments, it is usually found preferable to all other methods. You can in this manner float nearly as long as you please, or until a boat or other help can be obtained.

5. It is believed there is no such thing as a death grasp; at least it is very unusual to witness it. As soon as a drowning man begins to get feeble and to lose his recollection, he gradually slackens his hold until he quits it altogether. No apprehension need, therefore, be felt on that head when attempting to rescue a drowning person.

6. After a person has sunk to the bottom, if the water is smooth, the exact position where the body lies may be known by the air bubbles, which will occasionally rise to the surface, allowance being of course made for the motion of the water, if in a tideway or stream, which will have carried the bubbles out of a perpendicular course in rising to the surface. Oftentimes a body may be regained from the bottom, before too late for recovery, by diving for it in the direction indicated by these bubbles.

7. On rescuing a person by diving to the bottom, the hair of the head should be seized by one hand only, and the other used in conjunction with the feet in raising yourself and the drowning person to the surface.

8. If in the sea, it may sometimes be a great error to try to get to land. If there is a strong "outsetting" tide, and you are swimming either by yourself or having hold of a person who can not swim, then get on your back and float till help comes. Many a man exhausts himself by stemming the billows from the shore on a back-going tide, and sinks in the effort, when, if he had floated, a boat or other aid might have been obtained.

9. These instructions apply alike to all circumstances, whether as regards the roughest sea or smooth water.

Treatment of Frostbites.

1. Do not bring the patient to the fire, nor bathe the parts in warm water.
2. If snow is on the ground or accessible, take a woolen cloth in the hand, place a handful of snow upon it, and gently rub the frozen part until the natural color is restored. In case snow is not at hand, bathe the part gently with a woolen cloth in the coldest fresh water obtainable—ice water if practicable.
3. In case the frostbite is old, and the skin has turned black or begun to scale off, do not attempt to restore its vitality by friction, but get the advice of a physician, meanwhile wrapping in flannel.
4. In the case of a person apparently dead from exposure to cold, friction should be applied to the body and the lower extremities, and artificial respiration practised as in cases of the apparently drowned. Even if no signs of life appear, friction should be kept up for a long period, as instances are on record of recovery after several hours of suspended animation.

Sunstroke.

The attacks which are popularly known as sunstroke, or heat stroke, are divided into two different classes. One is sunstroke proper, and the other is heat exhaustion. The symptoms and conditions are so different that they require two very different lines of treatment; but, whichever is present, prompt and intelligent action is required.

In Sunstroke proper, or heat fever, the skin is hot and dry. The chief danger is in the excessive temperature. Get the patient into the shade as speedily as possible; place him with head and shoulders elevated; loosen collar, necktie and all tight clothing. The next thing to do is to lower the body temperature as quickly as possible. Pour cold water over the head and face, and if very hot rub the body with pieces of ice. If the patient is able to swallow give cool drinks of water. Do not give alcoholic stimulants.

In Heat Exhaustion the conditions as regards temperature are just the opposite to those in sunstroke. The person is pale and faint, and the temperature is usually below normal. Remove to nearest shade. Place on the back with his head on a level with the body. Loosen tight clothing. Rub the hands and feet until the circulation is restored. Hot baths with a temperature of 110 may be used if available, or hot bricks or other methods of restoring the temperature of the body to the normal should be resorted to. Give hot drinks or hot tea, coffee or milk or water.

When hot weather comes on persons whose occupations expose them to great heat, whether artificial or that of the direct rays of the sun, such as bakers, laundrymen, workers in foundries and housekeepers working in heated kitchens, should avoid excesses of all kinds. They should dress lightly, not overload the stomach, especially with solid food, and should not over-work. An abundance of cool water so as to encourage perspiration should be used, but the use of iced water is not advisable. Free perspiration is a safeguard against sunstroke, but the moment perspiration ceases and the person begins to feel uneasy, with a slight or throbbing headache, dizziness, etc., work should be given up at once and rest in a cool place should be sought. In an hour or so the person thus affected may cautiously resume work. The use of alcoholic drinks predisposes to sunstroke.

Get and keep a full set of these leaflets.

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The Cigarette and the Boy.

These two should never go together. In many countries and in many states there are laws which provide severe penalties by fine or imprisonment, or both fine and imprisonment for persons who sell or give away, cigarettes to boys. Maine has such a law. It is a good reasonable law. Why every right-thinking man or boy should wish to have this law strictly enforced, and should be willing to use his influence to have it enforced may be learned by reading this leaflet.

About Boys.

Our boys are the men of the years to come, growing up to take their places as good, patriotic, useful citizens of our state. While growing up they need pure air, pure water, simple food, plenty of sleep, and exercise got in play and work. The body of the growing boy is the most wonderful machine in the world. While working it all the time the boy is building it up so that it is becoming stronger, more effective, and more nearly perfect every year, or it should be so. Nothing should be allowed to hinder the building up of this machine or to mar its workings. Insufficient or unsuitable food will do it. So will various wrong habits, and so will bad air and various kinds of poisons. Among the vilest, the most treacherous of the poisons for the boy is that of tobacco.

The Tobacco Poison.

And is tobacco really and truly a poison? Some of the surest "kills" for parasitic life on plants and for the vermin on domestic pets, poultry and live stock are made from tobacco. But in applying tobacco tea or other tobacco products, caution is required else the pet animal may be killed together with the "bugs" which plague him. The tobacco poison is hostile to all forms of animal life, the highest as well as the lower. Taken in excessive quantities tobacco produces delirium, blindness, trembling, complete prostration, cold clammy sweats, convulsions, paralysis, and death.

In the smaller doses of the poison which are taken in while smoking, the effect is, of course, less noticeable, but the boy or youth who uses tobacco is almost certainly dwarfing body and mind. After the age and full development of manhood, many men use tobacco without apparent harm, while the effects in other men are serious disturbances of the action of the heart and of the stomach, dimness of vision and serious changes in the arteries. In the University of Michigan it was shown that the use of even moderate amounts of tobacco by smoking lowers the working power of the human muscle in a high degree. Aside from lowering the power of muscular contraction, tobacco interferes with the fine control of the nervous system over muscular action. On account of the damaging influence on muscles and nerves, young men in the colleges who use tobacco are, as a rule, absolutely excluded as unfit when making up teams for athletic contests.

Though many men may not be appreciably affected by the use of tobacco, the results of cigarette or other forms of tobacco smoking are disastrous on boys. This has been proved again and again.

Many young men competing for a West Point cadetship, and still larger numbers wishing to enlist in the army, have been rejected on account of "tobacco heart."

Dr. J. W. Seaver, College Physician of Yale University, in his examinations and measurements of the students upon entering the university and their development while there, found that the non-users of

tobacco increased 13.4 per cent. more than the regular users and 6.6 per cent. more than the occasional users. In the growth in height those who did not use tobacco increased 24 per cent. more than the regular users and 14 per cent. more than the occasional users. In the growth of chest girth those who did not use tobacco had an advantage over the regular users of 26.7 per cent., and over the occasional users of 22 per cent. In capacity of lungs and lung power the growth is in favor of the non-users by as much as 77.5 per cent. when compared with the regular users and 49.5 per cent. when compared with the irregular users. Dr. Seaver says that while it has long been recognized by the ablest medical authorities that the use of tobacco is injurious to the lungs, the extent of its influence in checking the growth in this and in other directions has, he believes, been widely underestimated.

Investigations similar to those of Dr. Seaver's were made by Prof. Hitchcock of Amherst College, and with practically the same results. He found that the development of the tobacco users was seriously retarded. In Bowdoin College too, Dr. Whittier has observed bad effects among tobacco-using students.

Effect Upon Intellect and the Moral Nature.

As long ago as 1855, Bertillon of France, in investigating the action of tobacco upon the boys in the Polytechnic School of Paris, found that the users of tobacco averaged lower in rank at their examinations than did the boys who did not use tobacco. He also found that the average rank of the smoker as compared with the non-smoker became lower and lower from the time of entering the school until the time of leaving it, provided the smoking continued.

Dr. Stuver as president of the Wyoming Scientific College, made a study of the effect of tobacco on boys. He says that it "has a peculiarly demoralizing effect on the moral nature of the young. In addition to making boys tired, stupid and lazy, it makes them irritable, perverse and careless of the rights and feelings of others. I have seen quite a large number of so-called 'fiends' and have yet to find the first one on whose word I could rely in a business transaction. There may be honest ones, but if so, I have never met them."

Cigarette Boys Not Wanted.

Many others besides Dr. Stuver have come to consider as untrustworthy the boys who use cigarettes. Many business firms now make it a rule not to employ them. In some of the cities there are associations of business men pledged not to employ any cigarette smoking boys on the ground that the average cigarette boy is not worth hiring.

A Word to the Boy.

To the boy who is thinking of using cigarettes or tobacco in any form, the very best advice is, don't! It will have too bad an effect. It will stunt your body and mind and put you in a condition so that you will not be respected and trusted and wanted as you will be if you let the cigarettes alone.

Boy Scouts and Cigarettes.

Certainly, you will want to become a Boy Scout; then let the cigarettes alone, so that they will want you and can trust and respect you. The fun and success of being a Boy Scout comes from having every sense well trained and alert, and every nerve and muscle under the finest control. But the cigarette or tobacco comes in here as a spoiler. The cigarette boy is not so sharp, so alert, and so much a master of himself as are other boys. Yes, let the cigarettes alone so that you may be a worthy recruit to the ranks of the Boy Scouts and not a cigarette runt and underling. Don't let the cigarette be a confession that you are a degenerate.

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